



Tofu & Green Bean Satay Bowl

with Peanut Sauce over Brown Rice



30-40min



2 Servings

If you've ever had satay at a Thai restaurant, you already know this sauce is bowl-licking good. The combination of creamy peanut butter, savory tamari, and fragrant garlic and ginger is irresistible. Here, it gives a flavor boost to protein-packed tofu and hearty brown rice. Served with roasted green beans, and topped with scallions and lime for a burst of freshness, this rice bowl is a dinner-winner.

What we send

- 5 oz quick-cooking brown rice
- 1 pkg extra-firm tofu ⁶
- ½ lb green beans
- garlic
- 1 oz fresh ginger
- 1 lime
- 1 pkt peanut butter ⁵
- ½ oz tamari soy sauce ⁶
- 1 oz scallions
- ½ oz toasted sesame oil ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- ¼ cup sugar

Tools

- rimmed baking sheet
- large saucepan
- fine-mesh sieve
- microplane or grater
- small skillet

Allergens

Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 38g, Carbs 102g, Protein 38g



1. Cook rice

Preheat broiler with rack in top position. Place a rimmed baking sheet in the oven to preheat. Bring a large saucepan of **salted water** to a boil. Add **rice** and boil (like pasta) stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve; return to saucepan and cover to keep warm.



4. Prep satay sauce

Meanwhile, finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop (save rest for own use). Finely grate **½ teaspoon lime zest**, then separately squeeze **2 teaspoons lime juice** into a small bowl. Cut any remaining lime into wedges. Heat **1 tablespoon neutral oil** in small skillet over medium. Add garlic and ginger; cook, stirring, until fragrant, about 2 minutes.



2. Prep & broil tofu

Drain **tofu**; cut in half through the middle. Cut each half into 8 triangles; pat tofu dry. Transfer to a paper towel-lined plate. Drizzle preheated baking sheet generously with **neutral oil**. Carefully, add tofu, season with **salt** and **pepper**, and drizzle with more **oil**. Broil on top oven rack until browned on one side, 15 minutes. Flip, then move to one half of the baking sheet.



5. Make satay sauce

Remove skillet from heat. Stir in **peanut butter**, **tamari**, **lime juice**, and **¼ cup sugar**. Whisk in **2 tablespoons hot tap water**. Season to taste with **salt** and **pepper**. Brush **2 tablespoons of the sauce** onto **tofu**. Broil on top oven rack until sauce is browned in spots, about 1 minute (watch closely as broilers vary).



3. Broil green beans

While **tofu** broils, trim **green beans**. After flipping tofu, transfer green beans to other half of the baking sheet, drizzle with **neutral oil**, and season with **salt** and **pepper**. Return to oven and broil on top rack until green beans are crisp-tender, 3-5 minutes (watch closely, as broilers vary). Remove from oven and keep broiler on.



6. Finish & serve

Trim **scallions**, then thinly slice. Add **lime zest**, **2 teaspoons sesame oil**, and half of the scallions to saucepan with **rice**; stir to combine. Toss remaining scallions with **green beans**. Scoop **rice** into bowls, then top with **tofu** and **green beans**. Spoon **remaining satay sauce** over top. Serve with **any lime wedges** on the side for squeezing over. Enjoy!